

Green Road Community Center Fall 2015 Classes and Programs



Preschool Classes

Ballet Basics

It's never too much fun when you're in our ballet class. Young ballet dancers will continuously work on each ballet movement in barre exercise, center exercise, and gradually move into combining each move into phrases. They will also gain a sense of awareness, body coordination and body alignment. While dancers focus on structured lesson plan, they're encouraged to develop their own creativity. Prior experience is not necessary. Instructor Hanna Chio has a B.A. in Dance & a B.A. in Private Studio Teaching. Class Fee: \$70.00.

Ages 3

#178117 Sept 12 - Oct 24 Sat 10:00-10:45 am

#178118 Oct 31 - Dec 19 Sat 10:00-10:45 am

Ages 4-6

#178119 Sept 12 - Oct 24 Sat 11:00-11:45 am

#178120 Oct 31 - Dec 19 Sat 11:00-11:45 am

Basketball - Little Shooters

This class is an introduction in skills development that teaches the basics of basketball including passing, dribbling and shooting! Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Let's shoot some hoops! Class Fee: \$36

Ages 3-5

#178124 September 8- 29 Tue 5:00-5:45 pm

#178125 October 6 - 27 Tue 5:00-5:45 pm

#178126 November 3 - 24 Tue 5:00-5:45 pm

Dance Tick Tock

Older toddlers will learn listening skills and bodily coordination while boosting their self-esteem and confidence. It's the best way to help your child get a healthy dose of exercise. Tap dancing also develops a great sense of rhythm and timing. Tap dancing helps students focus on music awareness while incorporating tap steps and combinations. Also, Tap builds strength in the legs and feet in addition to increasing flexibility in the hips, knees and ankles. Cognitive abilities are also enhanced, as tap dancers must develop both mental and muscle memory to become proficient at tapping. Class Fee: \$36.00.

Ages 2-3

#178155 September 1 - 22 Tue 3:15-4:00 pm

#178156 October 6 - 27 Tue 3:15-4:00 pm

#178157 November 3- 24 Tue 3:15-4:00 pm

#178158 December 1 - 22 Tue 3:15-4:00 pm

Ages 4-5

#178159 September 1 - 22 Tue 4:15-5:00 pm

#178160 October 6 - 27 Tue 4:15-5:00 pm

#178161 November 3 - 24 Tue 4:15-5:00 pm

#178162 December 1 - 22 Tue 4:15-5:00 pm

Halloween Spooktacular

Halloween fun for kids. Join us, and participate in a variety of activities and games. SPACE IS LIMITED. Pre-registration is recommended. All participants must be accompanied by an adult. Class Fee: Free

Ages 0-10

#1781110 October 26 Mon 6:00 - 8:00 pm

Playgroup Tot Time

The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children. Sports and recreation equipment will be available for use. This program is free and registration is required to attend. Class Fee: Free

Ages 0-5

#178166 Sept 2 - Dec 30

Tuesday, Thursday 10:00 am-12:00 pm

Science Sampler

Learn, laugh and play as we discover a bit of meteorology, earth sciences, magical mathematics and spacious space. Sessions are interdisciplinary with stories and crafts in addition to scientific discovery. Parent or guardian must stay with child during program. Class Fee: \$36

Ages 3-5

#178583 Sept 9 - 30 Wed 10:00-11:00 am

#178584 Oct 7 - 28 Wed 10:00-11:00 am

Soccer-Mini Kickers

This class is an introduction in skills development that teaches the basics of basketball including passing, dribbling and shooting! Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Let's shoot some hoops! Class Fee: \$36

Ages 3-5

#178124 September 14- 28 Mon 5:00-5:45 pm

#178125 October 5 - 26 Mon 5:00-5:45 pm

#178126 November 2 - 23 Mon 5:00-5:45 pm



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Green Road Community Center
4201 Green Road
Raleigh, NC 27604
919-872-4140



Thimble Thespians

Act, sing, dance! Bring your favorite costume! Dress up as your favorite prince or princess! Act out your favorite fairytale character! We will practice real dance moves and put on real playlets. The class combines nicely with Bodacious Biology and Zany Zoology. Parent or guardian must stay with child during the program. Class Fee: \$39 Fairytale Gala

Ages 2-6

#178595 September 9 - 30 Wed 11:00-12:00 pm
#178596 October 7 - 28 Wed 11:00-12:00pm

Youth Classes

Ballet Basics

Designed for youngsters with or without prior dance experience, this class emphasizes coordination of ballet movements properly and safely. They will discover the joy of combining movements into phrases, while also developing their own creativity and expression.

Class Fee: \$70

Ages 6-8

#178112 Sept 12 - Oct 24 Sat 12:00-12:45 pm
#178113 Oct 31 - Dec 19 Sat 12:00-12:45 pm

Basketball Skills for Beginners

Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Basic techniques of dribbling, shooting and passing along with other drills for ball control will be taught. Be prepared to sweat, learn and have a good time!

Class Fee: \$40

Ages 6-9

#178136 September 12-Oct 3 Sat 10:15 - 11:00am
#178137 October 10 - 31 Sat 10:15 - 11:00am

Basketball-Skills Development and Training Clinic

This fun and instructional program is designed to focus on the player's individual skill development. Drills will put an emphasis on ball-handling, shooting, and finishing. Players will also get a chance to work on offensive/defensive spacing, passing and defensive footwork. Players will be given the opportunity to work on these skills in game situation drills and small-sided scrimmages. Learn teamwork and cooperation, a skill that will last forever.

Class Fee: \$45

Ages 9-12

#178885 September 5-26 Sat 11:00 - 12:45pm

Fitness Fun

This program will demonstrate how much fun fitness can be. Participants will explore different types of exercise and equipment and how to use the indoor and outdoor environments around them. This program is designed to meet the needs of participants with developmental or physical disabilities. Activities will be facilitated based on age appropriateness and participant interest.

Class Fee: \$20

Ages 10-14

#176741 September 10-Oct 1 Thu 5:30- 6:30pm

Teen Classes

Basketball-Advanced Skills Development and Training Clinic

This more advanced program is designed for the competitive level player's individual skill development. Drills will put an emphasis on ball-handling under pressure, game speed shooting, contested finishing, and 1-on1 moves. Players will also get a chance to work on offensive and defensive spacing, passing and defensive footwork. Players will be given the opportunity to work on these skills in game situation drills and small-sided scrimmages. Learn teamwork and cooperation, a skill that will last forever.

Class Fee: \$45

Ages 13-16

#178931 September 5-26 Sat 1:00 - 2:45pm

Self-Defense 101-Basic Self-Defense

Learn verbal tactics to keep yourself safe in situations of imminent violence or boundary violations- whether with friends, acquaintances or family. Learn basic physical techniques to use if verbal tactics are not enough. Students have opportunities to practice use of physical and verbal skills in drills and simulated attack scenarios with an instructor in padded armor. The class is not a formal martial arts training program.

Class Fee: \$45

Ages 15+

#179030 September 9-Oct 5 M, W 6:00 - 7:00pm

Teen Outreach Program

Every teenager wants and deserves a safe place to play where the door is always open to them. The Teen Outreach Program (TOP) of the Raleigh Parks, Recreation and Cultural Resources Department offers such a place for our teenagers.

Class Fee: \$0

Ages 12-17

#177245 Aug 24-Dec 11 M-F 3:00 - 6:00pm

Zumba at Green Road with Maria Williams

Certified Zumba Instructor Maria Elena de Leon Angel Williams. When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students.

Ages 12+

Sept 1 - Dec 31

M/W 6:00-7:00 pm Sat 10:00-11:00 am

Daily Fee: \$5 or 5-Class Pass: \$25

Zumba Toning at Green Road with Maria

Certified Zumba Instructor Maria Elena de Leon Angel Williams. For participants who wish to learn how to blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class, this is your class! You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength, and tone all the target zones. Zumba Sentao combines strength and resistance exercises with dance moves on and around a chair. Zumba Sentao effectively works your core muscles: your 'abs' and mid-section.

Sept 1 - Dec 30

Ages 12+

Fri 6:00-7:00 pm

Tue 7:15-8:15 pm

Daily Fee: \$5.00 or 5-Class Pass: \$25.00

Urban (Soul) Line Dancing

Gentlemen and ladies are invited to learn and follow the latest and all-time favorite line dances to Urban Contemporary and Classic R&B/Soul music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.

Ages 16+

Sept 1 - Dec 29 Monday, Friday 7 - 8:30 pm

Class also meets the 3rd Saturday of each month.

Class Fee: \$5 per day



Adult Classes

Citizen's Advisory Council - Atlantic CAC

(ages 18+) - Be an active member of your community. Come find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are the 3rd Thursday of every other month at 7pm. Meetings are held at Green Road Community Center (4201 Green Road). No registration necessary.

English as Second Language (ESL)

These classes are offered for beginner levels. Classes are designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English. Estas clases se ofrecen a nivel de principiantes. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para comunicarse en el idioma inglés.

Class Fee: Free

Ages 18+

#176408	Sept 2 - Oct 7	Wed 6:30-8pm
#176399	Oct 21 - Dec 2	Wed 6:30-8pm
#176400	Sept 12 - Oct 17	Sat 11:30 am-1pm
#176390	Nov 7 - Dec 19	Sat 11:30 am -1pm

Dance - Merry Mixers

The Merry Mixers of Raleigh, NC is an Advanced Level (A1/A2) square dance club. We meet at the Brentwood Community Center every Wednesday night at 7:30-10:00. We normally don't dance on the 5th Wednesday of a month. Class meets at Brentwood Neighborhood Center (3315 Vinson Court, 27604).

Class Fee: \$1 per person per week

Ages 18+

#178561	September 2 - 30	Wed 7:00-10:00 pm
#178562	October 7 - 28	Wed 7:00-10:00 pm
#178563	November 4 - 18	Wed 7:00-10:00 pm
#178564	December 2 - 30	Wed 7:00-10:00 pm

Urban (Soul) Line Dancing

Gentlemen and ladies are invited to learn and follow the latest and all-time favorite line dances to Urban Contemporary and Classic R&B/Soul music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.

Class Fee: \$5 per day,

Ages 16+

Sept 4 - Dec 28 Monday, Friday 7- 8:30 pm
Class also meets the 3rd Saturday of each month.

REC-Creations

Are you someone who loves DIY projects? This course is just what you have been looking for. Learn to assemble simple crafts that will complement your home, garden and even office. Some projects will require the purchase of additional materials. Please contact recreation center for supply list.

Class Fee: \$40

Ages 18+

#178808	September 1 - 22	Tue 6:15-7:15 pm
#178809	October 6 - 27	Tue 6:15-7:15 pm

Pilates-Basic

Pilates focuses on improving flexibility, muscle control, concentration, coordination and strength without putting stress on joints and muscles. There is a strong emphasis on breathing and strengthening the core muscle groups. This form of exercise is challenging yet safe for beginners as well as more advanced students

Class Fee: \$25

Ages 18+

#178799	September 3 - 24	Thu 10:00-11:00 am
#178802	October 1 - 22	Thu 10:00-11:00 am
#178803	November 5-26	Thu 10:00-11:00 am
#178805	December 3-24	Thu 10:00-11:00 am

Exercise - Weight Room/Fitness Room

Check out the fitness room at Green Road! Take advantage of the variety of cardiovascular and strength training equipment available at Green Road and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information. Fee \$10

September 1-December 31

Monday - Friday	10:00 am - 9:00pm
Saturday	9:00 am - 3:00 pm
Sunday	1:00 - 6:00 pm

Exercise - Weight Room/Fitness Room

Daily Pass

Check out the fitness room at Green Road! Take advantage of the variety of cardiovascular and strength training equipment available at Green Road and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information. Daily Fee: \$2.00

September 1-December 31

Monday - Friday	10:00 am - 9:00pm
Saturday	9:00 am - 3:00 pm
Sunday	1:00 - 6:00 pm

Zumba at Green Road with Maria Williams:

Certified Zumba Instructor Maria Elena de Leon Angel Williams. When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students.

Ages 12+

Sept 2 - Jan 4

M/W 6:00-7:00 pm

Sat 10:00-11:00 am

Daily Fee: \$5 or 5-Class Pass: \$25

Zumba Toning at Green Road with Maria

Certified Zumba Instructor Maria Elena de Leon Angel Williams. For participants who wish to learn how to blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class, this is your class! You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength, and tone all the target zones. Zumba Sentao combines strength and resistance exercises with dance moves on and around a chair. Zumba Sentao effectively works your core muscles: your 'abs' and mid-section.

Ages 12+

Sept 1 - Dec 29

Fri 6:00-7:00 pm

Tue 7:15-8:15 pm

Daily Fee: \$5 or 5-Class Pass: \$25

Adult Classes

Yoga

Breath, balance, flexibility and strength are all necessary components for the wellness of our mind and body. Yoga, when practiced routinely, offers to each of us opportunities to connect with ourselves more deeply to a better understanding of who we are. Stretch Yoga pays specific attention to breath, balance and flexibility and offers movement for your body without strenuous activity.

Class Fee: \$6/day	Ages 18+
#178194 Sept 14 - 28	Wed 10:00-11:00am
#178195 Oct 5 - 26	Wed 10:00-11:00am
#178196 Nov 2 - 30	Wed 10:00-11:00am
#178197 Dec 7-28	Wed 10:00-11:00am

Movin' and Groovin'

Join us on Thursday nights at Spring Forest Road Park for our Movin' and Groovin' program! The City of Raleigh Parks, Recreation and Cultural Department is once again partnering with Wake County Human Services' Health Promotion Chronic Disease Prevention & 4-H Youth Development Sections to venture into the fifth season of the Movin' & Groovin' walking series at Spring Forest Road Park. This event is specifically planned to encourage families to increase their physical activity in a free, fun and safe way. Mini physical activity sessions as well as organized walking will be facilitated weekly for adults and children will be engaged in exercise activities and nutrition education. The Spring Forest Road Park location provides a venue for families to enjoy beautiful outdoor resources that are available right in their community. Please join us at the Spring Forest Road Park (4203 Spring Forest Road) for a fun time the whole family will enjoy.

Class Fee: Free	Ages 18+
#178553 Sep 3 - Oct 22	Thu 6:00 - 7:00 pm

Senior Adult Classes

Bingo

This is not your typical Bingo...we play a variety of games each day from straight bingo, to 4 corners, postage stamp and clear all. Cost is \$1 for 3 cards or 50 cents per card.

Class Fee: Free	Ages 55+
#178153 Sept 1 - Dec 29	Tue 10:00-1:00 pm

Senior Wednesday Morning Movies

Are you in the mood for a good movie, popcorn and soda? Then come join your friends as we view current films as well as classics in a friendly environment. Movie requests are welcome as well! Preregistration is necessary due to popularity!

Class Fee: \$2	Ages 55+
Sept 2 - Dec 2	Wed 10:00-12:00pm

Senior Women's Open Play

Did you play basketball in high school or college or on a church or community team? Do you want to play again? Please join other women on Monday evenings from 7-9 pm at Green Road Community Center for the opportunity to enjoy new friends, fitness and fun and to play and compete under Senior Game rules. The game is played on just one-half of the basketball court with the three players from each team playing offense and defense. Class Fee: Free Ages 50+
Sept 7 - Oct 19 Mon 7:00-9:00 pm

Zumba Toning at Green Road with Maria

Certified Zumba Instructor Maria Elena de Leon Angel Williams. For participants who wish to learn how to blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class, this is your class! You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength, and tone all the target zones. Zumba Sentao combines strength and resistance exercises with dance moves on and around a chair. Zumba Sentao effectively works your core muscles: your 'abs' and mid-section. Ages 12+

Sept 1 - Dec 31	
Fri 6:00-7:00 pm	Tue 7:15-8:15 pm
Daily Fee: \$5 or 5-Class Pass: \$25	





Green Road Rental Information

Room	Capacity	Cost
Room 2	25	\$35 Hourly
Room 5	30	\$35 Hourly
Gymnasium #1 (no a/c)	299	\$60 Hourly
Gymnasium #2 (a/c)	299	\$80 Hourly
Picnic Shelter	60	\$9 Hourly
Kitchen	n/a	\$20 Hourly

Brentwood & Spring Forest Rental Information

Room	Capacity	Cost
Brentwood Center	99	\$50 Hourly
Brentwood Shelter	72	\$9 Hourly
Spring Forest Shelter	84	\$9 Hourly
Spring Forest Open Space	n/a	\$30 Hourly

Rental Policies

- ◆ All rooms/spaces must be rented for a minimum of 2 hours (*except for fields, open spaces and outdoor volleyball courts*).
- ◆ There is a \$15 application fee for all rentals (*except for picnic shelters*). Completed rental contract and all rental fees must be submitted in order to reserve room/space.
- ◆ Please note that there is a \$75 refundable damage deposit for all room/space rentals (*except for picnic shelters*). This may be refunded if the renter adheres to the contract and stays within the rented time.
- ◆ For all indoor rentals (*except for Brentwood Neighborhood Center*), there is an additional fee of \$20 per hour for any room/space rentals that occur outside of operating hours.
- ◆ Reservations may be made no more than 4 months in advance or less than 14 days prior to the event.

Additional Rental Fees

Supervisory Fee (After Hours)	\$20 Hourly
Damage Deposit (Refundable)	\$100
Application Fee	\$15

Community Center Contacts

Assistant Director -

Kyle Swicegood

Kyle.swicegood@raleighnc.gov

Front Desk

Green.Road@raleighnc.gov

Contact Information

Green Road Community Center

4201 Green Road
Raleigh, NC 27604

Phone: 919-872-4140

Fax: 919-713-4188

Website - parks.raleighnc.gov

Keyword Search- Green Road Park

Hours of Operation

Monday: 10:00 am - 9:00 pm

Tuesday: 10:00 am - 9:00 pm

Wednesday: 10:00 am - 9:00 pm

Thursday: 10:00 am - 9:00 pm

Friday: 10:00 am - 9:00 pm

Saturday: 9:00 am - 3:00 pm

Sunday: 1:00 pm - 6:00 pm